

SISTER MARY'S KITCHEN

(Copyright, 1920, N. E. A.)

While one hates to wash and boil dishcloths with tablecloths and napkins it is just as essential to have clean water for these humdrum hard-worked and stained pieces of linen as for the fine and snowy table linens.

It is a good idea to wash the dish towels all by themselves. A dish towel comes in direct contact with the same spot that our food is served on. And on the condition of the dish towel depends the condition of the dish.

Dish towels carefully washed in hot soap suds, rinsed and boiled in clear water and dried in sunshine mean easily wiped dishes and healthy families.

Menu for Tomorrow.

BREAKFAST—Stewed figs, cooked cereal with top milk, toast, coffee.

LUNCHEON—Toasted vegetable sandwiches, baked custard, cake tea.

DINNER—Chicken loaf, sweet potato apples, creamed onions, cabbage salad, lemon ice, sponge cake, coffee.

My Own Recipes.

Stewed figs make a change for breakfast and are a valuable food. The black figs are a bit richer and sweeter for stewing but rather more difficult to get. It allowed to soak for several hours and cooked slowly in a double boiler and served with the syrup in which they were cooked. The figs are delicious. Sugar and lemon juice are added to the syrup after the figs have been removed and the syrup is then boiled for 10 minutes.

BAKED CUSTARD

3 eggs
1/4 cup sugar
1-2 teaspoon salt
2 cups milk
4 tablespoons strawberry preserves.
2 tablespoons pulverized sugar.

Beat yolk of eggs with sugar and salt till light. Scald milk and pour over eggs. Fill custard cups half full of mixture and bake in a pan of hot water till set. Do not let the water boil. When set up a spoonful of preserves on each cup and cover with a meringue made of the white of 1 egg beaten till stiff and dry with the pulverized sugar. Let the meringue brown slightly in the oven.

CHICKEN LOAF

1 chicken
1 loaf stale bread
Butter
2 tablespoons chopped parsley.
Salt
Pepper
Chicken broth

Boil chicken till tender. Remove from broth and pick from bones. In a buttered baking dish put a layer of bread crumbs. The crumbs should be very coarse, the bread pulled in pieces with the fingers. On the crumbs, add generously bits of butter. Add a layer of chicken. The chicken should not be chopped, but prepared in thin slices. Add bread crumbs and chicken alternately until all is used. Pour over the whole 2 cups of chicken broth. The chicken should be cooked in as little water as possible and the broth reduced after the meat is removed to 2 cups.

Wherein lies the virtue of an even temper if the temper is evenly bad?
MARY.

DID NOT BELIEVE SHE COULD FIND SO MUCH RELIEF

Trutona Proved Blessing to Suffering Woman Who Had Almost Abandoned Hope.

CLARKSBURG, W. Va., April 8.—"I didn't think I'd ever find a medicine that would do me as much good as Trutona," said Mrs. G. W. Bumgardner a few days ago in speaking of the perfect tonic. Mrs. Bumgardner is 44 years of age and a well known resident of this neighborhood.

"For five or six years a catarrhal affection of my bowels has caused me to be annoyed by constipation," continued Mrs. Bumgardner. "My liver was out of shape too. At times I'd have knife like pains in my back and suffer spells of sick headaches. This was accompanied with a sort of temporary blindness, and I would go for days without eating. It seemed there was no food that would tempt me. Actually at times I thought I was going to starve."

"I can sing the highest praise for Trutona, since I have used the medicine. My constipation is greatly improved and my bowels are acting more regularly now. Better still; I don't suffer from those dreadful pains in my back as I formerly did, and I eat and sleep fine. That former tired and worn-out feeling has left me. Trutona is one of the best tonics I've ever used and I want all of my friends to know what it has done for me. I hope others will take my advice and give this wonderful medicine a thorough trial."

Mrs. Bumgardner's words like thousands of other similar statements prove that Trutona is really a medicine of unusual merit. It is unsurpassed as a reconstructive agency, system purifier and body invigorant. It has been declared peerless as a treatment for stomach, liver and bowel troubles.

Trutona is now being introduced and explained in Fairmont at The West Virginia Drug Co. and is sold in Fairmont at N. S. Matthews & Sons Drug Store; in Cameron Cameron Drug Co.; in Clarksburg at Harper Rogers Drug Store; in McCoy's Pharmacy; in Grafton at Grafton Drug & Chemical Co.

ADVENTURES OF THE TWINS

(By Olive Roberts Barton)

Mr. Rubadub Finds Help.

This was Nancy's plan, and she told it to the fairyman right away. "We'd love to help you, Mr. Rubadub, if you'll let us, shouldn't we, Nick?" If you'll tell us what you want done, we can help you to scrub up the birds and paint the flowers, I'm sure. Once I painted a tulip in my painting book at home and it looked so real, Daddy said he could almost smell it. And Nick painted the cat's tail pink, one time, too."

"Is that so?" beamed the fairyman. "This is what I call luck. Maybe you came true because I waved my wand this morning. I was beginning to think it must be worn out because nobody appeared, and I intended to ask the Fairy Queen for another one the next time she came around."

"Yes, I do need help very much," he went on, "but the work is easy to learn, for I keep a big picture book of birds and flowers with all the



"I keep a big picture book of birds and flowers with all the colors," said the fairyman.

colors, and if you follow it you can't go wrong. Only, turning to Nick, "don't put pink tails on things, please, unless they belong there."

Nick promised, for he was eager as Nancy to get to work.

The Magical Mushroom said he'd stay right with them, to help them understand bird talk and flower language, and the Green Shoes said it was all the same to them, no matter how long the twins stayed in Scrub-Up Land.

So it was settled. Mr. Rubadub got some brushes and things for them and the twins were soon very busy.

Fancy reached up for the robin, who had perched himself on Mr. Rubadub's shoulder, to attract attention. "Come on, birdie," she said sweetly. "I don't need a book to fix you up. I guess I know what a robin should look like."

He knew. The teacher had spent twenty minutes impressing on her pupils the correct pronunciation of the word "vase." The following morning she wanted to find out if the children remembered, so she turned to one little boy suddenly and demanded: "What do you see on the mantelpiece at home, Jackie?" "Father's feet, miss!" came the prompt reply.

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That bitter heartburn, belching, food-rotting, indigestion, bloating, after eating—all are caused by acid-stomach. But they are only first symptoms—danger signals to warn you of awful troubles if not stopped. Headache, biliousness, rheumatism, sciatica, flat tired, listless feeling, lack of energy, dizziness, insomnia, even cancer and ulcers of the intestines and many other ailments are traceable to ACID-STOMACH.

Thousands—yes, millions—of people who ought to be well and strong are mere weaklings because of acid-stomach. They really starve in the midst of plenty because they do not get enough strength and vitality from the food they eat.

Take EATONIC and give your stomach a chance to do its work right. Make it strong, cool, sweet and comfortable. EATONIC brings quick relief for heartburn, belching, indigestion and other stomach miseries. Improves digestion—helps you get full strength from your food. Thousands say EATONIC is the most wonderful stomach remedy in the world. Brought them relief when everything else failed.

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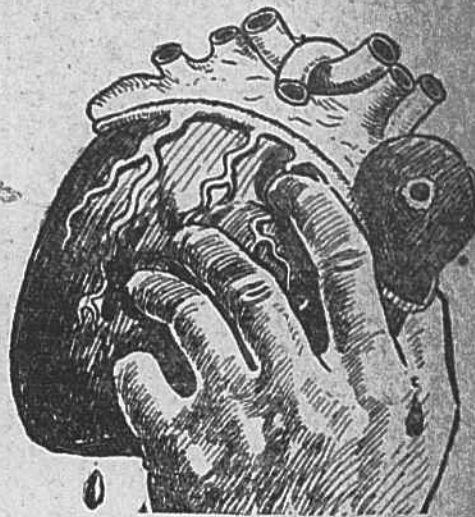
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What Supports The Heart?

By N. COOK, M. D.

The heart is the hardest worked organ of the human body. It beats on an average of seventy times a minute—from the minute of birth to the minute of death. Every half minute or every thirty-second beat, the whole of the blood in the body is pumped through the heart, so that the dual heart moves about six tons of blood in each twenty-four hours. On the purity of that blood health depends. On the strength of the heart depends the strength of the body.



The question then is, how can we keep the blood pure and the heart strong? That question answers itself when we know what is the common cause of the blood's impurity and whence arises the tendency to "heart trouble." What is blood? Blood is only digested food. In proportion as food is nutritious the blood is rich. In proportion as the food is properly digested the blood is pure. Undigested food clogs and corrupts the blood, and indigestion often precedes or attends the first symptoms of "heart trouble." The first necessity to the production of pure blood is that the stomach and other organs of digestion and nutrition shall be in perfect working order so that the food received into the stomach is properly digested and perfectly assimilated, for the stomach is the vital center of the body. No man is stronger than his stomach, because physical strength is derived from food digested and assimilated. Deaths ascribed to weak heart and "heart failure," should be called weak stomach and "stomach failure."

It is this dependence of the heart upon the stomach which explains the relief from "heart trouble" effected by the use of Dr. Pierce's Golden Medical Discovery. This remedy is for diseases of the stomach and other organs of digestion and nutrition. It purifies the blood, eliminating from it the substances which corrupt and poison it. Even this alone would take the strain from the overtaxed heart. But Dr. Pierce's Golden Medical Discovery also acts directly upon the heart itself. It strengthens the heart's action. It contains, one of the best and most efficient heart tonics known to medical science, and as a natural consequence the use of "Golden Medical Discovery" has resulted in many notable recoveries from heart trouble. It removes the predisposing cause of heart disease and makes the weak heart strong.

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is now going on. Have you been in to look them over? The assortment is exceptionally large—there are styles to meet your fancy and the range of prices is sure to assist you in a satisfactory selection.

\$14.00 to \$200.00

The Bohn Syphons have many exclusive features aside from their economical operation. Everything has been scientifically planned and the material and making is carefully selected and faultlessly executed.

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Two thicknesses are used in Bohn Syphons. Experiments have shown that one-half inch of Flaximum is equal in insulating value to thirty thicknesses of building paper.

Eleven walls of insulation, with doors of unusually massive construction presenting in all a very handsome appearance.

No screws or fastenings of any kind are used in attaching the porcelain pan lining to the inside of the door, thus insuring an absolute smooth surface. Easy to clean—they are lined with one-piece Porcelain with full rounded corners.

An extra rear door can be cut in at small expense if desired to admit icing from the outside of kitchen.

HOW THE SYPHON SYSTEM OF CIRCULATION OPERATES

When ice is first put into the ice chamber it at once begins to cool the air immediately surrounding it. As the air becomes cold, following a natural law it descends, forcing the warm air into other parts of the refrigerator ahead of it. This air is, of course, first forced into that part of the provision chamber directly underneath the ice, and from there into the upper portion of the refrigerator, and thence through the syphons into the ice chamber, thus establishing continuous circulation. As the circulating air comes opposite the syphons or wall openings it flows through and on to the ice again, and the whole cooling process is continued indefinitely.

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